



THE Fairmont ORCHID

HAWAII

DAILY ACTIVITIES



☼ = Complimentary ✨ = Included in Fun & Sun Pass \$ = Fee, Reservation Required * = Included in Paradise Within Pass
Our classes are great for beginners. All activities please meet at The Beach Club unless otherwise noted in the descriptions. Schedules subject to change.

SUNDAY

- 8a Beginners Seaside Yoga\$ *
- Hele Hawai'i ☼
- 9a Keiki Aloha Adventure \$
- SCUBA Class for Beginners
- 10a Seaside Meditation\$ *
- 1030a Botanical Tour ☼
- 1130a Aqua Fitness ✨\$*
- 3p Hawaiian Arts & Crafts☼



MONDAY

- 8a Beginners Seaside Yoga\$ *
- Hele Hawai'i ☼
- 830a Children's Tennis \$ (Age 4-6)
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a Pilates Matwork \$ *
- 1030a Snorkel Introduction ✨
- 1130a Aqua Fitness ✨\$*
- 3p Hawaiian Arts & Crafts ☼



TUESDAY

- 730a Cardio Tennis \$
- 8 a Beginners Seaside Yoga\$ *
- Hele Hawai'i ☼
- 830a Children's Tennis \$ (Age 4-6)
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a Stress Buster Relaxation \$ *
- 1030a Honu (Turtle) Talk ☼
- 11:30a Ocean Aerobics ✨\$ *
- 130p Awakening the Artist \$ *
- 3p Hawaiian Arts & Crafts ☼

WEDNESDAY

- 8a Beginners Seaside Yoga\$ *
- Hele Hawai'i ☼
- 830a Children's Tennis \$ (Age 4-6)
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a Vision & Memory Fitness \$*
- 1030a Tide Pool Education ✨
- 1130a Ocean Aerobics ✨\$*
- 3p Hawaiian Arts & Crafts☼



Ask about our custom fishing, kayak, canoe and surf adventures at the beach Shack x7524

THURSDAY

- 730a Cardio Tennis \$
- 8a Beginners Seaside Yoga \$ *
- Hele Hawai'i ☼
- 830a Children's Tennis \$ (Age 4-6)
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a Drawing in Nature \$ *
- 1030a Surf Introduction ☼
- 1130a Ocean Aerobics ✨\$ *
- 130p Hawaiian Watercolor Postcards \$ *
- 3p Hawaiian Arts & Crafts ☼



FRIDAY

- 8a Beginners Seaside Yoga \$ *
- Hele Hawai'i ☼
- 830a Children's Tennis \$ (Age 4-6)
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a Pilates Matwork \$ *
- 1030a Honu (Turtle) Snorkel ✨
- 1130a Aqua Fitness- Noodles of Fun ✨\$ *
- 3p Hawaiian Arts & Crafts ☼
- 730p Star Gazing \$



SATURDAY

- 8a Beginners Seaside Yoga \$ *
- Hele Hawai'i ☼
- 9a Keiki Aloha Adventure \$
- Tennis Drills \$
- SCUBA Class for Beginners
- 10a The Art of Relaxation \$ *
- Tennis for Beginners \$
- 1030a Canoe Rides ☼
- 1130a Aqua Fitness ✨\$ *
- 1p Adult Swim Clinic\$ *
- 3p Hawaiian Arts & Crafts ☼

Last Revised: 09/20/10

Fun & Sun Activity Pass ✨

Exclusively for Fairmont Orchid, Hawai'i Guests

\$75 per adult - \$60 per child, per stay includes the following:

*Snorkel Intro, Surf Intro, Tide Pool Education, AquaFitness, Honu Talk & Honu Snorkel (* See above for schedule and back for more information)

Adventure Tools: Available in one-hour increments, based upon availability:
Soft-Top Surf Boards, Personal Floats, Noodle Floats, Boogie Boards, View Boards, One and Two-Person Kayaks, Mask-Snorkels-Fins, Hawaiian Lending Library Books, Small Fish Scoop Nets, Bamboo Fishing Poles with light tackle for shoreline holoholo, Magnetic Games/Konane Hawaiian Board Games, Bocce Ball and Horse Shoes. Equipment for use at Pauoa Bay only.

Pricing subject to change or cancellation at any time.

*Paradise Within *

Open to Fairmont Orchid, Hawai'i Guests, Members, and Friends

\$20 per class a la carte or purchase a 10-class card for \$150 and share it with family and friends.

Our Paradise Within is well being you take home- a toolbox of skills for living a joyous life of energy and flow. See Above for Class Schedule.

Call the Spa at ext. 7540 for further information or to reserve your private session in yoga, pilates, meditation, relaxation, and well being.

Stop by or call **The Spa Without Walls** to experience a wide array of treatments for well deserved relaxation and rejuvenation.

Pricing subject to change or cancellation at any time.



ACTIVITY DESCRIPTIONS

Refer to Activity Schedule for day and time of activities

AQUA FITNESS- Enjoy a fun, lively, cardio lift with great music! Add a whole new dimension to your workout. Meet at the Pool.

AWAKENING THE ARTIST WITHIN-Draw your own mandala with Prismacolor pencils. Part guided and the rest freestyle imagination. Meet at the Spa.

BOTANICAL TOUR - Tour the grounds of The Fairmont Orchid with an Orchid Beachboy. **Meet at the Beach Shack to sign up and join in by 10:15am Sundays.** Reservations not required.

CANOE or KAYAK ADVENTURE - An "on request" activity - snorkeling adventure by canoe or kayak with a personal Orchid Beachboy guide will take you along the Kohala coastline. Reservations required by 4 pm the day prior. Call the beach shack for pricing and reservations. x7524.

CANOE PADDLING INTRODUCTION (15-minutes) - A quick lesson in traditional Hawaiian canoe paddling. **Meet at the Beach Shack to sign up and join in by 10:15am Saturdays.** Reservations not required.

DRAWING IN NATURE - Line drawing in the beauty of Hawaii is relaxing and inspiring. Meet at the Beach Shack.

FISHING ADVENTURE - An "on request" activity - Learn Hawaiian fishing techniques aboard a double-hulled canoe with a personal Orchid Beachboy guide. Reservations required by 4 pm the day prior. Two-person minimum. Call the beach shack for pricing and reservations. x7524.

FIVE KEYS TO RELAXATION - Easy, time-tested ways to quiet the mind, relax the body, and renew your creative spirit. Meet at the Beach Shack

HAWAIIAN ARTS and CRAFTS - Weave a bowl, basket, fish and other souvenirs from coconut fronds and pandanus leaves and more. **Children 12 and under must attend with an adult to assist them. Sign up by 12:00 Noon at Beach Club to confirm your attendance at the 3p class.**

HAWAIIAN WATERCOLOR POSTCARDS – Learn the fundamentals of watercolor in an effortless relaxing way. Meet at the Spa

HELE HAWAII - Join an Orchid Beachboy for a **Hawaiian cultural walk** to explore historic fishponds and shelter caves of Kalahuipua'a, Puako Petroglyph Preserve, one of the largest concentrations of these ancient lava rock etchings, or our very own Na Mea Waiwai O Milokukahi to learn about Hawaiian treasures and our view to the past. The walks are relatively easy and are filled with cultural anecdotes. Bring a bottle of water and wear comfortable walking shoes, a hat, and sunscreen. **Meet at the Beach Shack to sign up and join in by 8am daily.** Reservations not required.

HONU (TURTLE) SNORKEL - Observe the endangered Hawaiian Green Sea Turtles (honu) as they forage along the reef. Rent or sign out your snorkeling equipment by 10:15am. **Meet at the Beach Shack to sign up and join in by 10:15am Fridays.** Reservations not required.

HONU (TURTLE) TALK - Learn about our resident Hawaiian Green Sea Turtles (honu) and their shoreline basking behavior. **Meet at the Beach Shack to sign up and join in by 10:15am Tuesdays.** Reservations not required.

KEIKI ALOHA ADVENTURE - Adventure for children 5 to 12 years old. Children will learn to explore Hawaii safely by discovering tide pools, petroglyphs and more. Full and half day programs. Keiki Aloha is a Hawaii State licensed facility for children ages 5 – 12 only. **Proof of age required for 5 and 6 year olds and may be requested for all others. Fee and advance reservations required, x7320. Reservations required by day prior.**

OCEAN AEROBICS – Uniquely filled with beauty, energy, ocean minerals, and cardio fun. Meet at the Beach Shack

PILATES - Learn the fundamentals of Pilates mat work and strengthen deep abs to improve posture and reduce low back strain. Meet at the Beach Shack

SAND VOLLEYBALL - Sand volleyball court is open to guests behind the Beach Shack - stop by to pick up your kinipopo (ball).

SEASIDE YOGA - 90-minute session. Great for beginners for radiant health, energy, flexibility, strength, openness and calm. Meet at the Beach Shack.

SCUBA Class for Beginners - This 3-hour course is offered daily for a maximum of 4 students, and must be completed by all non-certified divers prior to any boat dive, regardless of their diving experience. Please provide student's height, weight and shoe size at time of reservation. Contact Mauna Lani Sea Adventures at ext 7570 for reservations and information.

STAR GAZING – Explore the Hawaiian night sky through the eye of a telescope with the experts. For pricing and reservations, contact the concierge.

STAND UP PADDLE BOARD – For fitness, exploration or fun, make your reservation for a Stand Up Paddle Board adventure at the beach shack today. 2 Person minimum required. 30 & 60 minute adventures available. Call the beach shack for pricing and reservations. x7524.

STRESS BUSTER RELAXATION - Come and dissolve the stress from so much thinking and doing. Excellent for those in the fast lane. Learn how to take the peace of Hawai'i home and rekindle it often during each day.

SURF ADVENTURE - An "on request" activity...based on surf conditions - Learn the basics and how to "Hang Ten" with an Orchid Beachboy at our Pauoa Bay. Meet at the Beach Shack x7524. Two-person minimum. Call the beach shack for pricing and reservations. x7524.

THE ART OF RELAXATION – Conscious relaxation is one pathway to greater ease, increased energy and creative living. Meet at the Beach Shack.

TIDE POOL EDUCATION - Discover the ocean's natural sanctuary to find an abundance of sea life. Water shoes, hats and sunscreen recommended. **Meet at the Beach Shack to sign up and join in by 10:15am Wednesdays.** Reservations not required.

VISION AND MEMORY FITNESS - In one fascinating lesson, learn the basics of maintaining and improving your eyesight and memory naturally. Comprehensive instruction and 20-page booklet included. Children over 10 welcome. Love your eyes!

"Turning Moments into Memories for our Guests"